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10 tips to look

thenewhammag

issue 284 // 27 September - 11 October 2013



**First past
the post**

Try out for Rugby World Cup 2015 (p13)

Starting school

If your child will have their 5th birthday between 1 September 2014 and 31 August 2015 you need to apply for a reception class place now.

The deadline for a reception class place for September 2014 is **15 January 2014**. If you miss this date you will have less chance of getting the school that you prefer. Pick up a copy of the autumn 2013 edition of the Starting School guide from any Newham Council operated nursery, infant or primary school.

Apply online, to apply on time.



the newham mag



Thousands of you turned out for the penultimate event of the year, the Newham London Waterfront Festival. Check out our Newham in Pictures special and see if you can spot yourself in the crowd (p14).

The spirit of the 2012 Games will live on through the costumes and pepas we have given to schools and community groups. Find out more on page 8. We're also giving you the chance to celebrate your heritage by cheering gratis for community events to mark Newham Heritage Week (p11), and offering you support to quit smoking during Stoptober (p10).

Cllr University Dessa
*Executive member for crime
and anti-social behaviour*

To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

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Look out for the next issue from 11 October 2013

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IN BRIEF //

Gelatine in the vaccine

Newham NHS Foundation Trust has measured residents following media coverage drawing attention to the use of animal-derived gelatine in a nasal flu vaccine being offered to primary school children in Newham.

The Trust say the spray being offered has been certified as acceptable by multi-faith groups. Public Health England has published advice that confirms the gelatine used is considered halal and there is no religious reason not to receive vaccination.

PHE recommend that anyone whose child is offered immunisation accepts the opportunity to give their child the best protection possible against the flu virus. For information see www.gov.uk/government/news/vaccines-and-gelatine-phe-response.

Work at leisure centre

The free weights area at Balsam Leisure Centre, E13, will be closed from Friday 27 to Sunday 29 September.

The closure is to enable essential safety work to deal with a water leak under the floor. Other areas in the centre on Balsam Street are unaffected. For more information visit www.activenewham.org.

School gets Gold status

Canning Town's Rokaby School has become the first secondary school in the county to be awarded the Society for the Advancement of Philosophical Enquiry and Reflection in Education (SAPERIE) Gold Award for Philosophy for Children (P4C).

P4C opens up children's learning through enquiry and the exploration of ideas. Rokaby now joins Galions Primary School as Newham's big winners for teaching philosophy.

Deputy head teacher Gorjit Singh said: "All our hard work has paid off."

>> Tournament is a slam-dunk success



Newham Police went head-to-head on the basketball court with youngsters to mark the fifth anniversary of Newham All Stars Sports Academy's (NASSA) Carry A Basketball Not A Blade (CABNAB) campaign.

The CABNAB campaign was set up in 2006 to highlight the tragic loss of young lives through knife crime.

More than 150 young people from Newham attended the annual basketball match. This year's special guests included Deputy Mayor Councillor Lester Hudson, East Ham MP Stephen Timms, and Newham Police Borough Commander Rob Jones, who all took to the court.

Following a minute's silence, three players from NASSA symbolically threw 11 baskets, each representing one of the 11 young lives lost to knife crime in London in the past year. The final saw the Met Police win 34-27 against NASSA.

NASSA director Natasha Hart said: "It's important that we continue to host these events to remind people about the dangers of gangs and knife crime."

Visit www.nassa2012.org.uk for more information.

Launch of autism strategy

Careers, families and support workers are invited to come along to the launch of Newham's Local Autism Strategy on Thursday 10 October from 10.30am-3pm at St Mark's Community Centre, Tollgate Road, E8.

As part of a boroughwide consultation, Newham residents helped the council and Newham Clinical Commissioning Group to compile the document.

Lunch will be provided. To find out more or to confirm your attendance email selma.ghouse@newham.gov.uk or call 020 3873 6563.

You can also find out more about services available to people with autism by visiting Stratford Shopping Centre, Broadway, E15 on Monday 7 October, from 10.30am-3pm, where council staff will be on hand to answer your questions.



News

Curbing crime in parks

A crackdown has been launched by Newham Council to stop groups of youths committing crime and anti-social behaviour (ASB) in parks.

Enforcement officers, working in tandem with the council's parks team, have carried out a large-scale operation to cut back hedges and bushes and repair fencing. It is designed to stop criminal behaviour like drug dealing.

Brixton Park was the first to be targeted and enforcement officers will shortly be taking action in others.

Officers are also issuing Acceptable Behaviour Notices (ABNs), spelling out that a zero-tolerance approach is being adopted in the borough's parks.

Councillor Umesh Dhesi, executive member for crime and ASB, said: "Criminal groups hanging around in parks are in for the shock of their lives. This is all about tackling crime head on and making parks better places for our residents."



Cllr Dhesi with police and enforcement officers

Switch and save

It's your last chance to take part in London's latest energy auction. Register with the Big London Energy Switch before 16 October to see if you can save money on your energy bills.

At a previous auction in April, 71 per cent of those who registered found that they were able to save money on their energy bills, with the average household saving £122 per year.

Taking part is free and you can choose to accept the offer or not. Learn more about energy switching at www.newham.gov.uk/thinkaboutswitching.

To find out more or to register visit www.biglondonenergyswitch.org.uk. You will need to provide details from your energy bill or annual energy statement to complete registration.

If you have problems registering, call the iChoice Helpdesk on 0800 0468112.

Residents who do not have internet access can call Newham Council's switching enquiry line on 020 8973 4882.



Government follows Newham's lead on free school meals

Newham Council has welcomed an announcement by the Government that its decision to ditch a free school meals pilot scheme was wrong.

Deputy Prime Minister Nick Clegg has said that free school meals are now to be rolled out to reception, year 1 and year 2 classes in the country's primary schools - a move Mayor Sir Robin Wales claims does not go far enough.

Newham Council uses £4.7m of its own funds to provide free school meals for all primary school children.

Newham's independent evaluation showed that the effect on attainment was equivalent to six months additional progress at Key Stage 1 and two months additional progress at Key Stage 2. Now this has also been confirmed by evaluation by the Department of Education.

Sir Robin said: "The Government has done a complete u-turn after scrapping the free school meals programme without proper evidence."

"Funding free school meals benefits school children and their families. The Government's commitment to fund free school meals for Reception, Year 1 and Year 2 is welcome but does not go far enough. Our decision to continue our free school meals programme for all primary school children is vindicated."



CCTV works beyond reasonable doubt

One of the rules of justice is that you must have evidence to prove that someone has done something wrong. We can't be everywhere 24-hours a day but at the same time we want to reduce crime and anti-social behaviour in the borough. Add the cuts to our already stretched council budgets and a transient population to the scenario and what you end up with is a big challenge.

But we have invested heavily in CCTV technology because it is the right thing to do. The latest part of this work is the borough's new control centre. It's state of the art and a crucial part of dealing with crime and anti-social behaviour.

"The CCTV programme we've put in place is making a big impact towards making our community a safer place."

I've seen first-hand how the centre is making full use of re-deployable, wireless cameras and direct radio contacts with the police and law enforcement officers. The centre is also the receiver for 300

intruder and fire alarms.

Let's put some perspective on just how busy our officers are: the council's out of hours call centre deals with approximately 750 emergency calls per week. Calls cover issues such as homeless persons, emergency housing repairs and noise complaints. The call centre is the first point of contact for any other borough emergency.

Now there are some who may CCTV isn't effective but I disagree: the results speak for themselves. In a two-week period, our CCTV network enabled 13 arrests, including three for assault, three for theft and two for robbery. A further 252 intelligence incidents were passed to the police or other agencies

for investigation.

In terms of the bigger picture, recent police figures recorded a 4.4 per cent drop in crime across Newham. Crucially, residents' perception of crime has also improved by two per cent.

Improving perceptions is just as important as tackling offenders because if you don't feel safe where you live, you won't go out and make the best of your community.

We are transforming the borough – the crime indicators show we are moving in the right direction. The CCTV programme we've put in place is making a big impact towards making our community a safer place.



Mayor's view

Integrate not alienate

One of Newham's greatest strengths is its diversity – a point I made in media interviews I did last week on our approach to community cohesion.

Some people question whether what we do to integrate people is the right thing to do. I say it is. We're not seeking to make everyone the same. We celebrate our diversity.

We also know that a strong and cohesive community is one where people mix across religious, ethnic and community groups. I believe that a council should invest in the convergence of life chances, not lifestyles. There is no one way to achieve this, but equally it does not happen by chance. That is why we promote integration and it seems to be working – why else would 70 per cent of residents say this is a place where people from different backgrounds get on well together?

Our approach is simple. It is about building common ground and developing the aims and interests we all share to strengthen our whole community's resilience. That is why we insist that all the activities we fund are open to everyone not just single identity groups.

We also encourage contact between people from different backgrounds through our annual free community events, including the Mayor's Newham Show and Carnival, Under the Stars and the Waterfront Festival. People are rightly proud of their heritage. We recognise and



With Cllr Giselle Pascall, Assembly Member for Waltham Forest, and Sir Robin Wales, Mayor of Newham, at the Citizenship ceremony for 100 young people from 20 countries.

support this, celebrating the many influences that have made Newham great, and raising the flags of a dozen different nations on their national days alongside the Union flag.

Our approach also recognises the importance of speaking English. Evidence shows that language is vital in allowing individuals to achieve their full potential, and in supporting the networks that help whole communities improve together. That is why we continue to invest in English language classes so that people who want to learn have the opportunity to do so. It is also why we have removed foreign language newspapers from our libraries and reduced the translation service that's available.

Our approach is also about

promoting fairness and avoiding jealousies and suspicion. For example, our housing allocations policy is open and transparent, whilst also prioritising those in work and members of the armed services. We have a Newham residency requirement for housing and for our employment service Workplace. To ensure we support people who are putting down roots in our community. That's about your contribution, not where you come from.

I love Newham and I am proud to call it my home. We are diverse and different but all part of one community. We are building on everything that is great about Newham to make it a better place for everyone who lives, works and visits here.

with Sir Robin Wales

Thinking about switching?

Are you paying too much for your gas and electricity?

Changing your energy provider can save you money.

Newham Council together with 22 other London boroughs has signed up to the Big London Energy Switch, a collective switching scheme to help Londoners get a better deal on their gas and electricity bills.

Visit www.biglondonenergyswitch.org.uk to find out more and register.

If you experience problems registering, call the iChoose Helpdesk on 0800 0468 112.

If you do not have internet access you can call Newham Council's Switching Enquiry Line on 020 3373 4862.



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Community is game for 2012 props

Costumes worn by volunteers who performed alongside Rihanna, Coldplay and Annie Lennox during the Olympic and Paralympic Ceremonies have been saved from the scrapheap by Newham Council.

The array of costumes and props, which ordinarily would have made their way to the dump, have been given to the borough's schools and community groups so they can be used to create new items.

More than 40 schools and community groups were invited to a special event organised by the council and held at Stratford Circus, E15. In all, there were almost 4,000 items available, which included 165 costumes worn at the Games ceremonies.

Models and actors showcased the rescued items to gathered guests to demonstrate the creative ways they could be used, creating awe-inspiring designs from world-class leftovers.

Each group bid for their preferred items, taking away a bounty of booty that will ignite imaginations and help keep the spirit of the Games alive.

Some of the items on display included:
» white wings worn in the Olympic Opening Ceremony by riders on 'dove bikes' who performed a circuit of the stadium

- > pirate corsets and bustles worn by dancers in the Annie Lennox section of the Olympic Closing Ceremony, dancing to Little Bird and entering next to a large pirate ship which carried the singer
- > oversized books used in the Paralympics opening ceremony in the quest for knowledge and the discovery of gravity
- > light up leaf jackets worn by actors riding on suspended carousel horses during the summer section of the Paralympic Closing Ceremony whilst Rihanna sang her number one hit single We Found Love.

The remaining items will be placed in storage for future use at events. Mayor Sir Robin Wales said: "One of the major promises of London's bid for the 2012 Games was that together we would inspire a generation. I hope our outstanding schools and youth groups will find uses for the materials we are distributing for free so they can continue to keep that Olympic and Paralympic promise alive."



Something wild, something new, something different...theatricals at Stratford Circus

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EAST HAM LEISURE CENTRE
324 Barkings Road,
East Ham E6 2RT

NEWHAM LEISURE CENTRE
281 Prince Regent Lane,
Plaistow E13 8SD

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Local charges apply from 1st September 2012. Local charges from other centres may vary.

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Happy Heritage Week

With more than 200 different languages and dialects spoken in Newham, we are, arguably, the most diverse place in the world. We want to celebrate the uniqueness of our vibrant community by bringing people together to get to know each other, understand our cultures and, most importantly, have a good time.

To mark Newham Heritage Week, from 19 to 26 October, we want people to host events that showcase our unique community. From a tantalising taste trip around the world to a fashion show of costumes from the far corners of the globe, whatever your idea, we could make it happen with a Let's Get the Party Started grant of up to £500. If you have an idea for a heritage project, you could get Go for It! grant funding. To apply for either, you must be a Newham resident and your event must be open to all.

Cricket across the generations

Jean Lewis from Age UK recently

organised an intergenerational cricket match at Flanders Field. EBI Cricket is one of those games that evokes passion and support around the world, it is at once a typically English tradition and a modern, truly international sport.

Jean explained that Age UK originally started the intergenerational cricket match back in 2008, and now thanks to Let's Get the Party Started it has been resurrected.

She said: "It was very well received. I've had phone calls to say thank you for organising it and on the day everyone really enjoyed it. It was an opportunity for people from different backgrounds to learn from each other and enjoy cricket."

Jean said that she found the process of applying for a grant very easy. And if you are thinking about applying she says: "Go for it. Come up with a brilliant idea, think of something that will bring people together and go for it."

Give it a try, apply

To find out more about holding your own event or activity visit www.newham.gov.uk/grants



London Borough of Newham Planning Applications

The following planning application is the subject of an application under Article 10(2) of the Town and Country Planning (Development Management Procedure) (England) Order 2012 as amended (with effect from 1st October 2013). It contains necessary requirements arising pursuant to the Town and Country Planning Act 1990 (as amended) and the Planning (Permitting and General) (Amendment) (England) Order 2013. This can be viewed online at www.newham.gov.uk/2013-consultations where you will also be able to view other documents relating to this application as well as brief your views.

London City Airport submitted two integrated planning applications to the London Borough of Newham on 26 July 2013 to deliver the City Airport Development Programme (CADP). These applications are referred to as CADP1 (planning application 13/01208/PLU) and CADP2 (planning application 13/01209/PLU).

London City Airport
Harlequin Road
Silvertown
London
E16 2PR

Planning Application CADP1: Works to demolish existing buildings and structures and provide additional infrastructure and passenger facilities at London City Airport without changes to the number of permitted flights or opening hours (including permission to plan to planning permission CTR13/01208/PLU). Detailed planning permission is being sought for:

- (a) Demolition of existing buildings and structures;
- (b) 6 new aircraft stands and 7 new aircraft parking stands;
- (c) Extension and modification of the existing airfield.

Including the creation of an enhanced taxi-line;
(d) Emergency vehicle access point near King George II Circle;
(e) Replacement: Institute Permeable Surface Vehicle Surfaces, pick up and drop off areas and hard and soft landscaping.

(f) Building Extension to the existing Terminal Building (including alteration works to the existing Terminal, deconstruction of a three storey passenger pier to the east of the existing Terminal);
(g) Division of Hines Business;
(h) Hines Business and alterations to the existing Terminal;
(i) Vindars Energy Centre, storage, ancillary accommodation and landscaping;

(j) Pavillion Works including temporary meeting facilities and extension to the adjacent baggage area;
(k) Upgrading works to Harlequin Road;
(l) Passenger and staff parking, car hire parking, taxi feeder park and ancillary and related work;
(m) Baden Powell Centre;
(n) Double Decker Bus Exchange System within King George II Circle; and
(o) Ancillary and related work.

This application is accompanied by an Environmental Statement. This application does not affect with the provisions of the development plan.
CPRE, Joint Submission
Ref: 13/01208/PLU

London City Airport
Harlequin Road
Silvertown
London
E16 2PR

Planning Application CADP2: Creation of a Hotel with up to 380 bedrooms, ancillary facilities A1-A4, swimming pool, car park, landscaped amenity space, landscaping, plant and ancillary works.

Official seal/badge
Ref: 13/01209/PLU

Members of the public may inspect copies of the Environmental Statement and other application documents by prior appointment at Newham Council, 1000 Custom House, London E1W 2QJ. General Enquiries: 020 8915 2000 or 020 8915 2002. Members of the public may inspect copies of the Environmental Statement at a cost of £0.50 per copy for each colour book postage and packing - or £0.20 per sheet, or a sum of £1.00 for colour photocopying. By calling 020 8915 2062/2063. The relevant section fees must apply and must be paid with any request. Any person working as a media reporter, failing to show identification, may be asked to leave.



Proposed changes to the Council Tax Reduction (CTR) Scheme

Newham Council wants to hear your views.

The council is proposing from 1 April 2014 to:

- allow students who live with non student adults to apply for CTR
- increase the allowances in the scheme in line with the Department of Work and Pensions allowances.

Let us know what you think:

- complete the online survey at www.newham.gov.uk/CTR
- call 020 3373 1259 or 020 3373 1260 to request a paper copy
- pick up a paper copy at one of Newham's libraries

The consultation ends on Monday 28 October 2013.

Visit www.newham.gov.uk/CTR for further information.

We are interested in the views of all residents, whether they claim Council Tax Reduction or not.



Give rugby a try

More people in Newham will probably be able to tell you that goals from West Ham United's Geoff Hurst and Martin Peters won the 1966 football world cup for England. What they might not be able to say is that a drop goal from Jonny Wilkinson won the 2003 Rugby World Cup for England. That might be about to change.

With Newham hosting live matches in the 2016 Rugby World Cup at the Olympic Stadium in Stratford's Queen Elizabeth Olympic Park, rugby posts are starting to appear in places across the borough where the sport has not been played before.

It is part of a scheme by the Rugby Football Union called Posts in the Parks. To mark two years to go to the start of the tournament in 2015, the first single set of specially designed posts have been installed at Newham Leisure Centre, Prince Regent Lane, Plaistow.

Mayor Sir Robin Wales and Will Greenwood, a member of England's 2003 World Cup winning side and an ambassador for England Rugby 2015, kicked over the first ball with pupils from Plaistow's

Cumberland School

Sir Robin said: "It is important that we make the most of the opportunities that hosting Rugby World Cup 2015 brings. Newham is traditionally football territory but we want to give people a choice. We want to inspire people, particularly our young people, to take up rugby and sport generally."

The eight of single rugby posts springing up in parks and open spaces where none have been before will help us to get more people playing. Anyone will be able to try their hand at replicating the most historic moment in the history of English rugby when Jonny Wilkinson kicked the drop goal to win the World Cup in Australia in 2003."

For information visit www.rugbyworldcup.com/frontrow



Will Greenwood, Mayor of Newham and an ambassador for England Rugby 2015, kicks off the Newham Leisure Centre

Cumberland School pupils are looking forward to getting more involved in rugby.



Tony Wilson, 12: "I really like the contact in the game. It makes it so exciting."



Josh Fairley, 12: "I already play and want to be as good as England's Owen Farrell."



Sam Rostamloo, 13: "I like football but I will probably come and use these posts too."



Tyler Isaacs, 12: "It's football for me, but I do enjoy playing rugby."



Waterfront in pictures

5



6



7



More than 17,000 people enjoyed a day of dock-based fun as Newham Council's Waterfront Festival once again proved a splash hit with residents.

Activities on and around the water at Canning Town's Royal Victoria Dock combined with a spectacular fireworks finale and a headline performance from band Flash – A Tribute to Queen were among the highlights.

Amongst the water based activities were sailing, rowing, wakeboarding, paddleboarding, ballboats, aquabike, jet pack demonstrations and rides on the pleasure boat the Silver Queen, which formed troops from Dunkirk and was part of the 2012 Diamond Jubilee Themes pageant.

Mayor of Newham Sir Robin Wales said: "Seeing so many people coming together to enjoy the fireworks and music shows why we will continue to invest in our free programme of events."

What you said:

Arijali Bhandwari – Amazing waterfront festival.

The fireworks were better than new year in London.

Paul D Prokard – Newham knows how to do a firework display

Sasha Whitehouse – what a really nice finale. Spectacular fireworks display and loads of fun stuff for the kids. Definitely a thumbs up from me.

The Brick Box Ladies – Can't wait for the tribute Queen at the Waterfront Festival. Bikini Beach band were superb! Wendy Stevenson – Lovely evening @NewhamLondon Waterfront Festival

See video Highlights from the festival on our YouTube channel at www.youtube.com/c/NewhamCouncil

- 1 Every Child a Musician kicks off the day
- 2 On the beach with the pump boards
- 3 The fireworks were a spectacular ending
- 4 The crowd at the main stage
- 5 Sir Robin Wales and Cllr Aysha Chowdhury meet and greet visitors
- 6 The Jet Lev air display
- 7 The audience gets one step beyond as the Bikini Beach Band pump up the volume



Waterfront in pictures



1 *Viva Wilf Rock You* – Flash. A tribute to Queen. 2 The climbing wall was a high spot. 3 Fun with flags, the Sea Cadets demonstrate semaphore. 4 Britannia Village Primary School E16 lead the Waterfront parade. 5 Having a go in the Regatta Centre's bell boats. 6 Plate entertainment, rated arm. 7 The Silver Queen's stately tours of the docks. 8 The Benji Beach Band – like surf on fire.

Let's Get the Party Started

Holding a community event is the perfect way to bring people together and the council could support you with up to £250 funding – in exceptional cases it may be more – through our Let's Get the Party Started grants.

You can organise any type of celebration anywhere in the borough.

To find out more call **020 3373 6019**
or visit: www.newham.gov.uk/party



Free cycle training

Learn to cycle with skill and confidence

If you want to learn to ride a bike or just improve your skills to feel more confident on the road, then there is a cycle training package to suit you.

Training caters for all, from complete beginners to experienced cyclists.

If you do not currently own a bicycle you can normally borrow one from the provider of the training (subject to availability).

If you are interested in receiving free training please email cycle.training@newham.gov.uk or call **020 3031 6730**.



STUB OUT SMOKING FOR GOOD

With half of all long term smokers dying prematurely, smoking is our nation's biggest killer. If you're serious about quitting smoking, sign up for Stoptober and we'll help you become healthier and smokefree.

Stoptober is England's mass 28 day stop smoking campaign, which takes place every October.

Around 22 per cent of adults in Newham are smokers. Last year 160,000 people across England completed the challenge. This year we want even more people to sign up to a smokefree life.

The annual quit month coincides with new research by Public Health England which shows the extra years of life that can be gained by giving up smoking and staying smokefree. If you quit smoking for Stoptober and don't smoke again you could gain an extra seven days of life every 28 days, for the rest of your life. What's more, if you stop smoking for 28 days you're five times more likely to stay smokefree.

Along with massive health benefits,

quitting saves the average smoker more than £150 a month and almost £2,000 a year.

Help at your fingertips

Stoptober provides smokers with a range of free support including a new stop smoking pack, a 28-day mobile phone app and text support with daily updates and quitting advice, detailed tools and tips for coping, as well as the encouragement and support from thousands of people quitting together through Stoptober social media.

Stoptober 2018 runs from Tuesday 1 to Monday 28 October. For more information visit www.newham.gov.uk/stopsmoking. Alternatively speak to your local pharmacist or call Newham's Stop Smoking Service on 020 3373 8650 or 0800 012 1673.

Reasons to quit

As soon as you stop smoking you:

- > reduce your risk of developing illness, disability or death caused by cancer, heart or lung disease
- > stop exposing people around you to secondhand smoke and its associated health risks
- > will no longer smell of stale tobacco and the appearance of your skin and teeth will improve
- > will see your breathing and general fitness improve.



Nicely does it

Star of the stage and small screen, Jimmy Akingbola, is known in the industry as Mr Nice. Five minutes in his company and it's easy to understand why.

Jimmy's credits include high profile theatre, film, radio and TV, most notably his role as Dr Antonio Melick in BBC drama Holby City an amiable character who's a far cry from the down-to-earth actor from Peckham

Sitting on a wall on Bolton Close, E15, outside Jimmy's former home, within earshot of the echoes of excited schoolchildren in the playground, he reminisces about his days at Ravenscroft Primary School and his teenage years. "After Ravenscroft I went to Cumberland School. My grades were ok, but they weren't as good as they could have been. I was just a young kid having lots of fun." It was at Cumberland School that

Jimmy's talent for acting was discovered. He said: "My brothers and sisters, including me, were taught by Mr Tyres. He would always see the good in students, see that bit of light, that talent. He showed me that drama is something I'm good at; I just wasn't aware of it."

Jimmy quickly went from pounding the pavements with his mates to trudging the boards. He said: "When I left Cumberland I didn't know what I wanted to do. When I looked at my grades I'd got an A in drama I thought 'I want to play football' I believe I can be the next Ian Wright, but why don't I do performing arts until then?"

Two years at Epping College secured

him a place at the Academy of Live Recorded Arts and his break into theatre, acted by Theatre Royal Stratford East (TRSE), where he worked as an usher.

As a child, Jimmy was fostered and lived with a white family. He explained: "People are often shocked when they find out. I don't hide it. I just don't shout about it. People that know me know that was the deal. For me, it was fine. Being in east London, particularly this part, where it's close to Canning Town side, there weren't loads of black people. I was known as Gloria's son, the black boy. If I was up to trouble, there'd be a woman that'd see me and tell my mum. I'd think 'why am I



always getting in trouble? My mum would say: "Well, there are not many young black boys around here. If you're gonna do bad things you're going to be seen!"

"I was lucky. Some people I know have had a similar experience and it's not worked out. I've heard of quite a few people who have been featured outside London and it's been harder. You've got less people to refer to. Sooton Close was a mixture of people. I think it's different if you don't have that reference point."

The rich mix of people he lived alongside has provided ample inspiration for the characters he has played: "I always observe people. You just have to walk down the

street and you tap in and think: oh, that's how people are operating, sounding or walking or looking.

"People like crackhead Mick ([The Rev, 1992]). There's always that person, the guy with a can of strong lager, that comes up to you, mumbles and asks you for a pound. There was a guy like that in Canning Town. I'd give him a pound, go into the supermarket, and when he'd come out he'd come up to me glazed over and ask me again."

While Jimmy has had some lucky breaks he's aware of how difficult breaking into an oversubscribed industry can be. He said: "Me and my friend Fraser Ayres seemed to know a lot of people between us so we set

up a company called Triforce Promotions. We have Welcome, our networking parties. Then we've got Monologue Slam UK at TRSE, which is a free showcase for actors to be seen by established agents and casting directors; and our short film festival. It's all about bringing creative types together. Newham's full with talent and I think you need to provide something for the talent to plug into. All people need to do if they want to get involved is email us."

To find out more about Triforce Promotions visit triforcepromotions.co.uk. Visit www.newham.gov.uk/mag to read an extended version of Jimmy's interview.

HAM
NEWHAM
OUR
SO

Light up your life at the Lea

- month of activities to promote the River Lea.
- ing held at Cody Dock E16 until Sunday 20 October.
- Lighting up the Lea is a mix of performances, workshops, exhibitions, screenings and installations. Mention the Newham Mag and get two for one on all ticketed events. Highlights include:
- 5 and 6 October, 11am-5pm **The Big Draw**, family friendly workshops, interactive animation and drawing. Adults £3, accompanied under 16s free, students £1 and concs £2
 - 11 October 7pm **Pink n Ruby and Greece's Aces** play live on board the River Princess. Adults £5, accompanied under 16s free, students and concs £3
 - 18 October 7pm **Bonfire Band** and guests - a night of live folk music. Doors open 7pm. Adults £5, students and concs £3
 - 19 October 7pm **Never Get Outta the Boat**, dance beats and psychedelic visuals. Doors open 7pm. Adults £4, students and concs £2
 - 20 October 12noon **Festival Finale** with music, bring your own BBQ, fire sculptures, film shorts and more. Adults £3, accompanied under 16s free, students and concs £2
- Cody Dock and the River Princess Café** will be open daily from 11am-8pm. Cody Dock at 110 Bowes Crescent, E16. For more information visit www.gasworksdeck.org.uk



Deposit items at the Baby Bank

Give your unwanted baby items to people who need them by donating them to Oliver Thomas Children's Centre's Baby Bank.

Thanks to the generosity of Newham's residents, the centre in East Ham is able to supply parents, carers, grandparents and others in need with baby clothes and equipment.

The Bank needs more items including cots, Moses baskets, buggies and strollers, high chairs, baby baths, sterilisers, stair gates, breast pumps, baby clothes from birth to two years and toys and books. Items should be useable.

Drop your unwanted goods to Oliver Thomas Children's Centre, Methwaze Avenue, E6, weekdays from 9.30am-4pm. For more information call 020 8521 0997



Wheelchair dance

If you're a wheelchair user, manual or powered chair join the newly launched London Wheelchair Dance Club.

Every alternate Friday meet at Clarendon Hill Community Centre, Easthampstead, E7 from 6.15-6.45pm and learn how to 'walk' - an adapted form of traditional dance that has received the London 2012 'inspir' mark, with Folk In Motion.

No experience is needed and there is no upper body movement or physical contact involved. Carers, personal assistants and companions are welcome.

The next session takes place on Friday 4 October. All classes are free and have been supported by a Newham Council Go For It grant.

For more information email info@folkinmotion.co.uk call 07973 252751 or visit www.folkinmotion.co.uk.

To find out about Go for It grants visit www.newham.gov.uk/grants



An artistic Hub

New creative classes are starting at the Hub, 123a Essex Lane, E16

Every Tuesday drama classes for children aged eight to 11 take place from 4.30-6pm. Classes cost £15.50 or £13 a class if you book book five in advance.

Every Thursday from 4-6pm, children aged seven to 12 can enjoy a free drop-in art class, while adults of all ages and abilities can enjoy the same from 2-4pm.

To find out more email leisure@newhamdip.co.uk or call 020 7479 5240.

Carers' meeting

Newham Carers' United Forum is inviting all carers to their next meeting on Wednesday 16 October.

Taking place at St John's Church, Broadway, E16, from 10.30am-1pm, the meeting is a chance for you to meet other carers and find out about a range of issues that affect carers and those they care for.

A carer is someone who, without being paid, looks after a relative, child or friend who is frail, disabled, ill or a substance misuser. The meeting is for carers, not for people that are cared for. If you would like to be present but need to put things in place for you to be able to attend, the Forum may be able to help.

For more information call Jackie Hardy on 020 8519 7536 or e-mail jackie.hardy@newhamdip.org.uk.



Kids' Corner

PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. We cannot return any entries.

GALLERY



Arshad Abdellatif, 5



Benjamin Hanchett, 6



Leslie Pendle, 9



Tamara Volden, 11

Winner

Free membership at Stratford Picturehouse

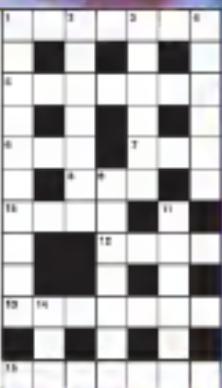
The issue's winner receives free annual family membership of Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize, send your pictures, jokes and poems to 'Kids' Corner', West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QJ. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. Good luck! Visit www.picturehouses.co.uk to see what's on



Stratford
Picturehouse
cinemas

Colour-me-in Crossword



ACROSS

1. Bird we associate with eggs and trout? (7)
2. Work a machine? (7)
3. Lamp inspired by water? (8)
4. Hedwig was Harry Potter's _____. (8)
5. Religious woman? (8)
6. Chances? (4)
7. Wicked? (6)
8. Physics and chemistry? (7)
9. Keep going? (7)

DOWN

1. Peacock with black and white feathers? (10)
2. The shamrock is its national flower? (7)
3. Black horn? (8)
4. Polished metal used in writing? (8)
5. Hopeless? (7)
6. Entertainment involving shows with animals? (8)
7. Oil or water stick? (3)

Jokes

Why do fish live in soft water?
Because pepper makes them�sean.

Why did the man run round his bed?
To catch up on his sleep.

Humair Rahmin, 11

WHAT'S ON?

27 SEP
- 11 OCT

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

OUR THRILLING THREE...

1

World Zombie Day - dress up as a zombie and see two live fire shows at the SOULFUL LONDON Festival at Stratford Picturehouse, E15, on Friday 12 October, 6pm. Visit <http://www.soulful-london.com> for full festival details.

2

World Sight Day, Thursday 10 October, 11.30am - 3.30pm: free. Find out about the support available for the visually impaired. Get advice and information from an optician. The Community Resource Centre, 200 Chigwellis Lane, E13.

3

Starship London - find out about the future of space travel at a day of film and talks and workshops with top scientists, on Saturday 12 October at Semtex Crystals, E16. Free. Register at starship-london.com.

MENTION THE MAG...

Kick boredom to the curb by signing up to football with the Royal Finsbury.

The Fins are all-in fun, with organised football coaching for ages 10-16 years plus. Sessions take place at George Crossagon, 26, every Sunday, 10.30am-11.30am; Saturday at 6-7.30pm and every Saturday from 10.30am-12noon.

Coaching costs £1 per week for 10 weeks. Mention the Newham Map and get your first week free. Booking is essential. Call 07880 633 624 for more information.

The Fins are also looking for volunteers, coaches or potential coaches. Training will be given to the right candidates. Call 07880 633 624 for details.



TRY SOMETHING NEW... A DAY WITH US GIRLS

An award-winning sports programme for young women aged over 13 to enjoy a free day of fitness and fun at Us Girls Rock.

On Sunday 6 October from 10am-5pm head to the Cell, Westfield Gateway, Bowes Road, Canning House, E16, for activities, workshops, pampering options and the chance to meet Nicole Ariuma, the first woman GB Olympic boxing gold medallist. Take part in netball, Zumba, kickboxing, tennis, box fit and more, or relax with a beauty treatment. A pre-booked course is available on the day. For details email london@strive4girls.org.

The Us Girls programme has been getting women active for the past two years and offers regular female-only exercise sessions over 200+

We find out more visit www.strive4girls.org.uk/enterprise/whats_on or register online at www.strive4girls.org/bookings/feedback.



Indicates free sessions

ARTS AND ENTERTAINMENT



Comedy Night

Entertainment every Mon, 8pm, Theatre Royal, Garry Rillie's Square, E15. Visit www.stratfordeast.com/comedy-night

COMMUNITY LEARNING



Go it Online

Basic computer sessions at local libraries. You must book in advance:
Tues 2-4pm, Stratford
Wed 2-4pm, Stratford
Thurs 10am-12noon, Canning Town, The Gate and Manor Park
Fri 2-4pm, East Ham

Knit & Natter

Craft group for adults, at local libraries:
Fri 10am-12noon, Canning Town
Wed 10am-12noon, Beckton

Basic Numeracy (18+ yrs)

Mon-Thurs, 10am-5pm and Fri, 10am-1pm, Jack Carroll Community Centre, Jack Carroll Street, E12. Call 07943 887 612 or 07507 173 272

UNDER-FIVES LIBRARY ACTIVITIES

Imaginative Play

Fri, 7.15am-8.30am, East Ham

Interactive Storytime

Fri 10-11.30am, East Ham

Creepy Tales Club

Mon, 11am-12noon, Beckton
Globe North Woolwich
Tues, 11am-12noon, Custom House, Stratford
The Gate

Thurs, 10.30-11.30am,
Canning Town
Thurs, 9.30am North Woolwich
Fri, 10.30-11.30am East Ham,
Ham-Green Stratford,
Green Street and Manor Park

Toy Library
Tues, 10am-12noon
East Ham

Storytelling
Mon 11am-12noon Beckton
Globe, Canning Town, Stratford
Tues 11am-12noon, Custom
House, Forest Gate
Thurs 2-3pm North Woolwich
Plaistow
Fri 11am-12noon, Green
Street, Manor Park, Stratford'

Homework Club
Mon, 4pm-5.30pm Beckton East
Ham, North Woolwich
Wed, 3.30-5.30pm, Green
Street, Manor Park
Thurs, 4pm Custom House
Forest Gate, Plaistow
Fri, 3.30-5.30pm, Beckton,
Canning Town

ADULT LIBRARY ACTIVITIES

Over-50s Club
Thurs, 10am-12noon,
Beckton Globe

GENERAL LIBRARY ACTIVITIES

Chess Club
Learn and play chess
Thurs, 5.30-7.30pm, Stratford



EXTRA ACTIVITIES

Hub Art Classes

8-11yrs Tues 4.30-6pm
7-12 yrs Thurs 4-6pm
Adults Thurs 2-4pm
The Hub, 123 Star Lane, E15
Call 020 7473 5249

LGBT Community Group

For 50+ year olds and
relationships provided
Every third Tues of each month
4-6pm Community Resource
Centre, 200 Charingworth Lane
E13 Call 020 7209 0467

Royal Docks Learning & Activity Centre

Mon, Employment Support
sessions by appointment only
Tues, Bingo, 10am-12noon
Healthy Cooking Group,
10am-12noon
Parent and Toddler group,
free, 10am-12noon
Over-50s computer classes
11am-1pm

Wednesday, Mother and Toddler
group, free, 10.30-11am
Coffee Morning, free 9.30-11ams
Learn to Eat - Employment
Support Drop-in, free,
10am-2pm
Sewing Classes, 10am-12noon
Thurs, Tai Chi, E2,
10.30am-11.30am
Royal Docks Learning &
Activity Centre, Albert Road,
E16 Call 020 7478 9222

Table Top Sale

Sell your goods and keep your
profits. £5 a table - open to all.
Last Sat of every month. Sun-
2pm Jack Carroll Community
Centre, Jack Carroll Street,
E12 Call 020 8503 3459

Turn up and trade

Free pitches available for
traders. Every Sat, 9am-
4pm, Ridgeway Market,
Banking Road, E16 Email
saturdaymarket@gmail.com or
goats.donations@newham.gov.uk
or call 07790 985 965

Drama Classes (8-11yrs)

£3 if you book five classes
Every Tuesday

4.30pm The Hub, 123 Star
Lane, call 020 7474 5278

The Courtauld Gallery at the Hub

Until 12 Oct
Saturdays, 11am-1pm
The Hub, 123 Star Lane, E15
Call 0207473 5219

BOXING AND SELF DEFENCE

Boxing

Weeks, 7pm
West Ham ABC - community
boxing, 11-18yrs
Olympic style amateur
boxing sessions, Hethewey
Community Centre
Hethewey Crescent, E12
Mon, Wed, Fri 5-6pm
West Ham Boys ABC Brixton,
boys and girls
The Black Lion, 59-61 High
Street, E13 Call 020 9472 2614
Mon, Wed, Fri 5-6pm
Peacock ABC 8-yrs,
boys and girls
Carlton Street North, E15
Call 020 7513 2799
Mon, Wed, Fri 6-7.45pm
Newham Boys ABC
6-yrs boys only
Old Bath House, 141 Church
Street, E15 Call 020 8518 5963

Fight For Peace 11+

boys and girls
Woodman Street, North
Woolwich, E15
Call 020 7474 0054

General Kids Classes

Boxing for adults and kids with
Tony Cossey

Tues, 6-7pm
Thurs, 8pm-10pm
Sat and Sun, 11am-4pm
Tud TUD Boxing Gym, Gillen
House, Stephenson Street, E16
Call 020 7474 3182

Punch Out (16+yrs)

Tues, 5-6pm Katherine Road
Community Centre, 254
Katherine Road, E7
Thurs, 8pm, boxing fitness
workout, Beckton Community
Centre, West Ham Manor
Way, E6 Email



protectwellinnewham.gov.uk

Shaolin Karate

Fri, 6-7pm and 7-8pm
Sun, 10-11am Sessions for
beginners. Under 10s E4,
16-18yrs E5, cones E5
Wed (during term times only)
4.30-5.30pm
Newham Shaolin Karate Club
Newham Leisure Centre,
Prind Regent Lane, E13
Call 07508 070 638

Docklands Karate Club

Mon 5.30-6.30pm Under 15s
E4 16-18 cones E5
First session free
UCL Sports Deck, Docklands
Campus, E16
Call 07785 685 889

Tang Soo Do

Sat, 7.30pm and Tues 7.30-
8.30pm (note at least 15 minutes
before arriving) The Hub, 123 Star
Lane, E15 Korean martial arts for
5yrs to adult. £5 per session –
family discount available
Call 07729 946 426 or email
eze_josito@hotmail.com

Map, Skip and Punch (16+yrs)

Tues, 5-6pm, Katherine Road
Community Centre, 254
Katherine Road, E7
Call 020 8548 2625

Garmu Taekwondo

Mon and Wed, children
6-7.30pm, juniors and adults
7.30-8.30pm, Monga Primary
School, Helley Road, E12
Call 07931 703 140

JPI Karate

For children and teens (5-14yrs)



Call 07818 000 643

Zumba classes

Thurs 7.30-8.30pm London
Tami Sargam, 389 High Street
North E12, £5 per class. Call
07720 806 805

Yoga Classes

Tues, 8.10-7.10pm and

Fri, 10.30-11.30am.

£5.50 (£3.50 concessions)

The Hub, 123 Stratford Lane, E15

Weeks, 6.45-7.45pm

The Unitarian Church,

West Ham Lane, E15

Call 07965 806 007 or visit

www.yogacoma.co.uk

Gentle Yoga

Hatha yoga drop-in classes

Tues, 7pm-8.55

Forest Gate Methodist Church

Woodgrange Road, E7

Weeks, 7pm, E7,

Timber Lodge, Queen Elizabeth

Olympic Park, E20

Thurs, 5pm, E5

Play Saw and Grow, 6 Guy

Road, E15. Call 07600 944 086

or email gates@yoga4mums.com

Twisted Pink Street Dance

Fri, 6-7pm, 7-21 yrs, £3

Fri 7.15-8.15pm Zumba classes

£5 including childcare. St Luke's

Church, 60 Walling Road, E15

Call 07534 513 307, visit

www.twistedpink.org.uk or email

twistedpink20@aol.com

Zumba

Mon and Thurs, 6.30-7.30pm

25 Meadow Community

Centre, 63 Queens Road West

E13. Call 07518 327 547

Zumba Fitness with Jess

Wed, 7.15-8pm, £2.50

Woolwich Leisure Community

Centre, Gower Close, E15

TENNIS

Sat, Under 8s 12noon-1.30pm,

Adults 16+, 12-3pm, free

Tennis courts, Canning Town

Percussion Ground, Prince

Regent Lane, E16

Call 07905 883 709

evolutiontenniscamp@gmail.com

Thurs, 8.15pm-5.30pm. Adults

Mon-Fri 6-7pm, free

Tennis courts, Central Park,

High Street South, E5

Call 020 3373 9000

50+ ACTIVITIES

Newham Striders

Free sociable walking group

sixteen days a week.

Call 0644 414 2726

Qigong

Thurs 8pm, for adults. £5 per

session. Hackney Community

Boat, near ExCel. Meet at the

gates to Millennium Mill,

Mil Road, E16

Call 07330 610 275 or email

jacobbiggs@btconnect.com

Beginners' Ballroom

Mon, 10am-12noon, St Paul's

Church Centre, Barge Road

E8. £5 per session. Call

07711 239 453

Gemini Square Dance Club

Mon, 8-10.30pm, Chobham

Community Centre, Colegrave

Road, E15. £4 per session

Including tea and biscuits.

Call 020 8526 1803 or email

mbo22@hotmail.com

Nordic Walking

Fri, 6.30-8pm, free

Starting point Balsam Leisure

Centre, Balsam St, E12

Sun, 10-11.30am, free

Starting point East Ham Leisure

Centre, Barking Rd, E3

GREEN

Garden Club

Tuesday 1.30pm, Thurs 4.7pm

Sat 10am-4pm, Abbey

Gardens, Bakers Row, E15

Gardening Thyme

Gardening Club

Fri 1.15pm, 1pm, free

Barking Green, Central Park,

High Street South, E5

Dirty Hands Project

Grow your own fruit and veg

Open to all. First Set of seeds

months, 10am-2pm. Victoria

Grove, opposite Peckham

Station E13 Met

www.dirtyhandsproject.org.uk or

call 07861 574 210

DOORSTEP CLUBS



Gym & Basketball Doorstep

Sports Club (4-14yrs)

Tues, 6.10pm-8.10pm, Boleby

School, Canning Town, E16

Athletics & Multi Sport

Doorstep Sports Club (14-16yrs)

Tues, 5.30-6.30pm, free

Newham Leisure Centre

Kicks into Athletics (5-11yrs)

Football and athletics sessions

Sat 5-8 years Sat, 8-12 years

10am-12.15pm Tues 11am-1pm

Stunt & Tumble (7-14yrs)

Thurs 7.30-8pm, £5

Talent, Cheer & Dance,

Gullion Reach

FEMALE SPORTS



Dare2Dance



Street dance classes for girls

12-16yrs. Fri 3.30-5.30pm

Newham Leisure Centre, Penca

Raglan Lane, E13

Call 0644 414 2726

Girls Spinning Sessions



Tues and Thurs 5.5-7pm

11-15yrs. Newham Leisure

Centre, Prince Regent Lane

E13. Call 0644 414 2726

Female Only Gym Sessions

Tues and Thurs 3.30-6pm

11-15yrs. Mon, 3-4pm,

16-25yrs. Newham Leisure

Centre, Prince Regent Lane, E13

Call 0644 414 2726



Mon, 5-6.30pm, Wed,
5.30-6.30pm. The Harley Centre
267 Barking Road, E5
Call 07818 000 643

Kickboxing

Mon, Wed and Fri,
6.30-8.30pm.
Bad Boy Boxing Gym,
Stephenson Street, E16
Call 07944 873 827 or email
action@kickboxinguk.com

HEALTH AND FITNESS



Bootcamp

Boxercise Bootcamp
parent and child (7-12yrs)
sessions. Tues 5pm, free

Indoor/outdoor

Britannia Village Hall
65 Evelyn Road, E18
90 Day Boot Camp Challenge
Outdoor
Mon and Thurs, 7.15-8pm,
Tues and Thurs, 7pm
East Ham Central Park, High
Street South, E5
Tues only Boot Camp
(13yrs)
Wed, 5.30-6.30pm
Thames Barrier Park,
Bassett Point, E16. Email
info@bluephysique.co.uk
or call 07904 826 402

Family Fit Club

Sat, 11am-12noon, West Ham
United Community Training
Facility, 60a Abrahams Close
E9. Call 020 7473 7724

Bootcamp (men only)

Thursdays, 7.30-8pm £5
Lingdon School Sports
Centre, Gunner Road, E10

Female Booty Classes (14+ yrs)

Mondays 4.15-5.15pm Blakemore Leisure Centre, Bellarm Street, E13. Call 07970 783 526

Girls Football

Tuesdays 3.30-5.30pm, 11-16yrs, Newham Leisure Centre, Prince Regent Lane, E13

Sheila's Yummy Mummy Buggy (16+ yrs)

£5 per session
Mon, 10-11.30am
Central Park, High St South, E5
(meet outside cafe in the park)
Fri, 10.30-11.30am, Peashol Park,
Peashol Grove, E6
Call 07958 674 958 or email
sheilaone@aol.com

Janice's Fitness (16+ yrs)

Tues, 9.30-10.30am
Thurs, 9.30-10.30am
Salsa and Zumba dance sessions £5 per session
St George and St Ethelbert Church Hall, Burford Road, E8
Email info@jkanata.co.uk or
call 07818 000 649

Zumba, Soca and Salsa Fusion

Mon, 6.45-7.45pm, E5
The Harley Centre
267 Barking Road, E6
Call 07818 000 643

Aerobics

Thurs, 7.45pm, E5
Langdon School/Sports Centre, Seamer Road, E8

Sonia's Circuits (16+ yrs)

Tues and Fri, 10-11am, E4,
Fiddlers Christian Centre
84 Upton Lane, E7
Call 07763 830 706

Body Blast (16+ yrs)

Tues, 6.30-7.15pm, E5,
Wade, 12.30-1.30pm, E5
Thurs, 12.30-1.30pm, E5,
Fri (Inhalers) 6.30pm-7pm,
£2.50 Fitness membership
£30 (includes you to come to all
classes) £10 monthly Talent
Central Unit 27a, 3 Amada
Way, Canning Reach Shopping
Park, E8. Call 07888 812 810

Abs Blast

Thurs, 5.30-6pm, 11-15yrs,
E3 10 Newham Leisure Centre,
Prince Regent Lane, E13

Women United AFC (11+ yrs)

Mon (term time only), 6.7.75pm
Kingford School, E5, £7 per
session. Call 07792 932 979

Just Play (16+ yrs)

Wed, 6.30-8pm, multi-sport
session (term time only)
Newham Sixth Form College,
Prince Regent Lane, E13
Call 0844 414 2728

Just Play (14-18yrs)

Wed, 6.30-8pm, multi-sports
(term time only)
Newham Sixth Form College,
Prince Regent Lane, E13
Call 0844 414 2728

Get Back Into Netball

Tues, 6.7.30pm Juniors 7.30-
8pm seniors £2 per session
Luton Community School/
St Mary's Road, E13
Call 07717 281 523

Women's Badminton

Fri, 1.2-2pm, £2. Coaching
raquet and shuttle provided
by the Women's Badminton
Academy. Call 07930 182505

Keep Fit - Stay Fit

Sat, 10.7.1am, £2 (until end of
Sept) then £3.50

Jack Cornwell Community
Centre, Jack Cornwell Street
E12. Call 07750 084 116

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Family Swims for Disabled Children and Adults

Sat, 4.30-5.30pm Newham
Open Swimming Club, Newham
Leisure Centre, E13. For more
details call 07321 788 729
Sun, 12.30-8pm, Family Swim,
Bellarm Leisure Centre, E13.
£5. Call 020 7476 5274

Swim for Families dealing with Autism

Wed 4.45pm, Bellarm Leisure
Centre, E13. Call 020 7476 5274

Get fit for free

Tues, 1.30-3.30pm and Fri,
10am-7.30pm. Free gym
use for people with learning
disabilities. Newham Leisure
Centre. To book an induction
call 020 7511 4477

BT Football Club

Third Sun of every month,
10am-7.30pm, East Ham
Leisure Centre, E6

Disabled Athletes

Tues, 4.15-6.15pm, 11-18yrs,
Brixton Manor, Roman
Road, E8
Thurs, 4.30-5.35pm,
St Angela's Ursuline School,
1 St George's Road, E7
Email enr@englandathletics.org

Ability Club

Multisports for disabled young
people (11-25yrs)
Weds, 4.50pm, Newham Sixth
Form College, Prince Regent
Lane, E13

Trampolining Sessions

Fri 5.7pm and Sat, 12noon
3pm, £1.50pm, Newham Leisure
Centre, E13. Call 020 7511 4477

Mixed Swimming Sessions for Adults and Children

Wed, 10am-12noon, East Ham
Leisure Centre, E8. £1.15 per
session. Call 020 8548 5550

Wheelchair Basketball

Wed, 4.45pm, 11.19,
Rolley School, Welling Road,
E16. Call 07947 401 618

Sensory Play

For children under 5 with
special needs, speech and
language delay or physical
disabilities. Term time only. Fri,
10-11.30am, Oliver Thomas
Children's Centre, Mathews
Avenue, E1. Email kathy.holdsworth@newhamhscs.newham.sch.uk or call 020
8821 0997

RUNNING

 **East End Road Runners**
Tues and Thurs, 7pm



Sun, 8am, meet on the track;
coached sessions for
all abilities.

Newham Leisure Centre
Prince Regent Lane, E13
Call 07979 261 647

Run England sessions

All sessions are £2 unless
indicated otherwise.

Sun, 10am-7.30pm, Newham
Leisure Centre, E13 (meet on
the track).

Mon, 4-6.30pm, Newham Leisure
Centre, E13 (meet on the track)
5-6.30pm, E8, Newham
Dockside, E7 (meet at reception)
Tues, 6-7pm, Newham Leisure
Centre, E13 (meet on the track)
Mondays, 12noon-1pm, Newham
Dockside, E7 (meet at reception)
Thurs, 6-8.30-11.30pm, UEL
Docklands Campus, E16
(meet at reception)

Sat, 10-11.30am, East Ham
Central Park, E8 (meet at the coly)

10-11.30am, Wanstead Flats,
E12 (meet at Heron Road
Changing Pavilion)

10-11.30am, Memorial Park,
E16, 54 (meet at car park)
Call 07738 334 874

Beckton Park Run

Sat, 8am free
Beckton Park South, E16
Call 07718 304 756
www.parkrun.org.uk/beckton

SPORTS



London Youth Games

Mon, 4.30-6pm, U16yrs
Newham Leisure Centre, Prince
Regent Lane, E13

BMX

Sun, 10am-7.30pm, E5 16yrs,
E3/E2 members/£10 annual
membership.
Gosseley Playing Field,
St Albans Avenue, E8
Call 07981 333 815 or email
paul.fairing@londonbmx.org.uk



or call 07944 117263

FOOTBALL



Mayor's Football League

U9yrs, U12yrs, Mon 4.30pm and U16yrs, U18s, 6-7pm
Newham Leisure Centre
Prince Regent Lane, E13

WWU Kickz

Mon, U14yrs, 4-5.30pm
25-yrs, 5.30-7pm
West Ham United Community
Astro Turf (Barking), E6
11 Myrs, 5-7pm

Forest Gate Youth Centre, E7

Tues, U14yrs, 4-5.30pm
Myrs, 5-30-7pm

West Ham United Community
Astro Turf (Barking), E6
11 Myrs, 6-8pm

Peyry Park MUGA, E8

Weeks, 11 Myrs, 5-6pm
Peyry Park MUGA, E8
Thurs, 11 Myrs, 4-7pm
Peyry Park MUGA, E8

Fri, U14yrs, 4-5.30pm

Girls, 11-yrs, 5.30-7pm

West Ham United Community
Astro Turf (Barking), E6
11 Myrs, 5-7pm

Forest Gate Youth Centre, E7

Football & Multi Sports

Mon, 5-30 7pm & 8.30yrs
Weeks, 5-7pm, 8-13yrs,
Stratford Park MUGA,
West Ham Lane, E7

5-a-side Football

Competition

Weeks, 5-6.30pm & 7.30yrs Fords
Park, Ford Park Road, E18
Thurs, 5.30-7pm, 8-10yrs, Royal
Victoria Gardens, Por Road, E8
First Sat of the month, 10am-
7pm, U12/u14/u16/u18yrs
Preston Park, Preston Grove, E8

Football & Multi-Sports

Sat, 2-3.30pm, 8-18yrs, Whiss
Park Estate, Whiss School
MUGA, East Ham Manor Way, E5

AIR Football (16+ yrs)

Tues, 1.30pm and Fr, 10am
12noon, Memorial Park,
Memorial Avenue, E16
Fr 3-4pm Barking
Powerleague, E6
Visit www.airfootball.co.uk

Ascension Football

Academy

All sessions E3
Schoolyears Reception to 11yrs
Sat, 10-11.30am
King George V Park
King George Avenue, E16
Call 07908 584 925

Men's Health Football

Fitness Sessions

Set, 10-11am West Ham United
Community Training Facility,
60a Abrahams Close, E8
Call 020 7473 7724

COMMITTEE MEETINGS

All meetings take place at
Newham Town Hall, Barkingside
Road, E6, unless specified

30 Sept, 8pm, 8pm, Council Council Chamber

**3 Oct, 7pm, Health and Social
Care Scrutiny Committee,**
Committee Room 1

**7pm, Registration and
Employment Scrutiny**
Committee, Committee Room 2

**3 Oct, 7pm, Mayor's
Proceedings, Council
Chamber, Old Town Hall,
Stratford, E15**

**8 Oct, 7pm, Crime and
Disorder Scrutiny Committee**
Committee Room 2
**7pm, Children and Young
People Scrutiny Committee,**
Committee Room 1

**9 Oct, 6.30pm, Investment
and Accounts Committee**
Committee Room 2

**10 Oct, 6.30pm, Health and
Wellbeing Strategic Reference
Group, OH 05/06, Ground
Floor Newham Dockside, 1000
Dockside Road, E18**

**7pm, SACRE, Newham Town
Hall, East Ham E8 (near TBC)**

Visit [www.newham.gov.uk/
committee](http://www.newham.gov.uk/committee) for updates.

CONTACT THE MAJOR

Mark-in surgeries

**Set 26 Sept
10am, The Gels, 4-20
Woodgrange Road, E7**
**Thurs 3 Oct
11am, Stratford LSC, 112-
118 The Grove, Stratford, E15**

Tues 6 Oct

**8am, The Place, 2 Silvertown
Way, London, E16**

Telephone surgery

**Wed 9 Oct, Call 020 3373 6444
between 9.30am and 10.30am
and register your query and
contact details. The Mayor will
then ring you back at a later date.**

LIBRARY CONTACTS

Beckton Globe

1 Kingsland Way, E3

Canning Town

Barking Road, E16

Custom House

Prince Regent Lane, E16

East Ham

High Street South, E8

Green Street

337-341 Green Street

The Gels

6-5 Woodgrange
Road, Forest Gate, E7

Manor Park

685-691 Romford Road, E12

North Woolwich

5 Pier Parade, E16

Plaistow

North Street, E13

Stratford 3 The Grove, E15

Archives and Local Studies:
posted postal and email service
only call 020 3373 6881
email: archiveslocalstudies@newham.gov.uk

Community Outreach

Services: To find out more call
020 3373 0813

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All listings may be subject
to change, please contact
individual events and
activities before attending.

Hundreds of services

- one website. Visit:
www.newham.gov.uk

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020 8438 2900

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CROWNING GLORY

TO WEAVE OR NOT TO WEAV

TO WEAVE OR
NOT TO WEAVE?

SOMALIA SEATON



020 030 040

A poster for Stratford East Theatre Royal. The main title 'STRATFORD EAST' is in large, bold, white letters. Below it, 'THEATRE ROYAL' and 'STRATFORD EAST' are in smaller white boxes. The address 'BUNYAN RAFFLES SQ. E13' is also present. The tagline '...a people's theatre' is at the bottom. The date '17 OCT - 9 NOV 2013' is in pink at the top right.

THEATRE ROYAL
STRATFORD EAST
EAST LONDON E15 4EE

 BBFC
PARENTAL
GUIDANCE
ENGLAND
SUITABLE FOR AGE 15

**NEWHAM
DISCOUNT
NIGHT**
17 OCTOBER
E2.50 TICKETS!

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west village
london
www.westvillage.com
westvillage@westvillage.com

Guy Fawkes Night

FREE fireworks display

Sunday 3 November

Wanstead Flats, Centre Road, Forest Gate E7

Gates open: 5.30pm Display: 6.30pm

Event entrances on Centre Road and Danes Road (no access from Lake House Road).

No public parking; limited blue badge parking available. Please use public transport.

You may be searched as a condition of entry. This event takes place on grass.

Dogs, sparklers, personal fireworks, glass bottles and alcohol are NOT allowed on site.

All programming is subject to change. Please check the website for updates.

www.newham.com

 @NewhamLondon

 www.facebook.com/NewhamEvents

In partnership with
the City of London



Mayor of
Newham